

Falls Prevention for Older Adults Resource List

Maryland Fall Prevention Programs in Action

Chesapeake Safety Council (<http://www.chesapeakesc.org>) provides safety training and education to business and individuals in Maryland.

H & J Weinberg Foundation (<http://www.hjweinbergfoundation.org>) provides funding to Department of Aging and local area agency on aging to implement Chronic Disease Self-Management and A Matter of Balance programs.

IWIF (<http://www.iwif.com>) has a specialized team of risk management professionals dedicated exclusively to improving workplace safety at Maryland's state agencies.

Maryland Department of Aging (<http://www.mdoa.state.md.us/programs.html>) provides funding to local area agencies on aging to implement Chronic Disease Self-Management, A Matter of Balance, and Active Living Everyday programs.

Maryland Department of Health and Mental Hygiene (http://fha.maryland.gov/ohpetup/eip_falls.cfm) provides funding to local health departments for fall prevention programs aimed at adults age 65 and older.

Partnership for a Safer Maryland (<http://www.safermaryland.org/>) provides free members to individuals and organizations interested in injury prevention in Maryland. Members receive monthly newsletters on injury topics, events and resources.

Maryland Falls Prevention Advisory Group (<http://www.ncoa.org/improve-health/center-for-healthy-aging/falls-prevention/state-coalitions-map/maryland.html>) has a goal to reduce falls and fall related injuries among priority populations to improve quality of life. Most of the membership is also part of the Partnership for a Safer Maryland, the state's Injury Community Planning Group (ICPG) through the Core Injury Prevention program.

Evidence-based Fall Prevention Programs

A Matter of Balance (<http://www.mainehealth.org>)

Active Choices (<http://www.activeforlife.info>)

Active Living Every Day (<http://www.activeliving.info>)

Chronic Disease Self-Management Program
(<http://patienteducation.stanford.edu/programs/cdsmp.html>)

Enhance Fitness: (<http://www.projectenhance.org>)

Strong for Life

(<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1508501/pdf/amjph00001-0068.pdf>)

Tai Chi – Moving for Better Balance

(<http://www.cdc.gov/HomeandRecreationalSafety/Falls/FallsPreventionActivity.html>)

Links to Other National, State and Local Organizations:

Home Safety Council provides home injury prevention publications and resources. An Expert Network professional also receives home injury prevention education tools and services at no cost.

(http://www.homesafetycouncil.org/SafetyGuide/sg_checklistgenerator_w001.asp)

National Center for Injury Prevention and Control (CDC) provides resources, publication, and popular links on various injury topics. Web site:

(<http://www.cdc.gov/HomeandRecreationalSafety/Falls/adultfalls.html>)

National Council on Aging Center for Healthy Aging provides resources to those interested in healthy aging programs that deal with falls prevention. Web site:

(<http://www.healthyagingprograms.com/content.asp?sectionid=107>)

Safe States Alliance (formally Stipda) provides technical assistance, resources and publications to professionals in injury prevention field. (<http://www.safestates.org>)

Washington State Department of Health

(<http://www.doh.wa.gov/hsqa/emstrauma/injury/pubs/SAILguide.pdf>) provides a guide to help adults 65 and older to stay active and independent for life, and to prevent falls and fall-related injuries--a major threat to independent living.

The Connecticut Collaboration for Fall Prevention (<http://www.fallprevention.org>)

provides information and materials developed by researchers at Yale University, collaborating with clinicians in the greater Hartford, Connecticut area to develop methods for incorporating fall risk assessment and treatment into the care of older adults. The [Connecticut Collaboration for Fall Prevention](http://www.fallprevention.org) (CCFP) programming, protocols and patient education materials are available for purchase by organizations interested in efficiently and effectively developing evidence-based programming to decrease falls and fall injuries.

Fall Prevention Center of Excellence (<http://stopfalls.org>)

StopFalls.Org is provided to you as a service of the Fall Prevention Center of Excellence created by the California Fall Prevention Consortium (CFPC). The center identifies best practices in fall prevention and help communities offer fall prevention programs to older people who are at risk of falls. Publications and DVDs on fall are available for purchase.